

## Sugary, processed foods are not your friend

### ANCHOR LEDE

To avoid heart disease, the latest guidance is to ditch those sugary, processed foods.

### TAKE VO

OSF HealthCare cardiothoracic surgeon Doctor Philip Ovadia [oh-VAY-dee-ah] says to stick to the outer aisles when grocery shopping, That's where you'll find fresh fruit, vegetables, meat and dairy.

### \*\*\*SOT\*\*\*

Dr. Philip Ovadia, OSF HealthCare cardiothoracic surgeon

**"You should be able to look at your food and know exactly what's in it. It should have simple ingredients. You can look at them and know what they are." (:09)**

### VO TAG

He adds that if you feel hungry again soon after eating, that's a sign the food isn't giving the body the nutrition it needs.